



Profiles in Wellness



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In Pursuit Of Wellness

I do very well in moderating or abstaining from certain things that could have a direct negative impact on my wellness ---- except for eating too much for periods of time and thus carrying way too much excess weight. I now greatly feel the weight as I've edged over into 50+ land.

It was always easy to keep weight in check when involved in constant athletic activities during younger days. I needed to return to that method and began to join in on several of the organized group walks.

I participated in Boston's annual Jimmy Fund walk and several other walk fundraisers. I also stay active via walking, biking, golfing, and hiking. I must confess I'm too often a part of the Globesity problem and I need to always be pushing myself to get onto the solution side of this issue.

I have another goal out in the near future --that is to participate in the Ben Bulben Challenge in Ireland, an annual summertime 21 mile group hike --- prep work is needed or it won't be very much fun. I wonder what event may come into my focus after Ben Bulben? Time will tell.